



Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain

Lisa Morrone

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As many as *45 million* Americans have chronic and severe headaches--and they're desperate for practical, clearly explained help and answers.

Physical therapist Lisa Morrone extends hope. Nearly 20 years of teaching, research, and treating patients have given her a comprehensive, multidisciplinary perspective. Headache/migraine sufferers don't have to resign themselves to being pill-popping victims. Rather, they can achieve lasting changes by discovering how to...

- uncover the *sources* of head pain and avoid unnecessary medication
- eliminate pain originating from neck dysfunction or muscle tension
- ward off migraines and cluster headaches by pinpointing and avoiding "triggers"
- decide whether self-treatment, treatment by a practitioner, or a combination is best
- loosen the traps of stress, anger, and emotional/spiritual bondage that clamp down with head pain

This multifaceted resource combines effective habits, exercises, and lifestyle adjustments to end head-pain disability and give readers back a life to enjoy and share.

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Michael Brown:

A lot of people always spent their very own free time to vacation or go to the outside with them household or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity that's look different you can read the book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a guide. The book Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain it doesn't matter what good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can m0ore very easily to read this book from your smart phone. The price is not to cover but this book has high quality.

George Bolin:

This Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain is great guide for you because the content that is certainly full of information for you who always deal with world and have to make decision every minute. This specific book reveal it information accurately using great arrange word or we can declare no rambling sentences within it. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but difficult core information with splendid delivering sentences. Having Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain in your hand like obtaining the world in your arm, details in it is not ridiculous one particular. We can say that no e-book that offer you world in ten or fifteen small right but this book already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. busy do you still doubt that?

Lisa Chaffee:

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